Subject: Follow-Up on Job Application - [Your Name]

Dear [Hiring Manager's Name],

I hope this message finds you well. I am writing to follow up on my application for the [Job Title] position at [Company Name] that I submitted on [Submission Date]. I am very enthusiastic about the opportunity to join your team and contribute to [specific project or goal related to the company].

I would appreciate any updates you might have regarding my application status and the hiring process. Thank you for considering my application. I look forward to the possibility of discussing my candidacy further.

Warm regards,

[Your Name]
[Your Phone Number]
[Your Email Address]